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California Avocados Selecting, Ripening, Storing and Handling Information

Knowing how to properly select, handle and store fresh California avocados will ensure consumers have the highest quality avocado-eating experience consistently. Here are some basic tips:

Selecting

- When choosing avocados, look for delicious fresh California avocados. Hass is the most popular, accounting for more than 95 percent of the California crop volume. They are known for their creamy texture and have a distinctive pebbly skin.
- A ripe avocado will be dark green or black and will yield to gentle pressure.
- When buying avocados for future use, purchase firm fruit.
- Avoid avocados with dark blemishes on the skin.

Ripening

- To ripen an avocado, place the fruit in a paper bag with an apple for 2-3 days at room temperature (apples accelerate the process by giving off ethylene gas, a ripening agent). When they yield to gentle pressure, they're ready!

Storing

- Ripe avocados can be stored in a refrigerator or freezer for later use.
 - Mash the avocado, adding 1/2 tsp. of lemon juice per 1/2 mashed avocado to prevent discoloration.
 - Lay plastic wrap directly on the surface of the mixture before covering.
 - You can refrigerate the mixture for up to two days or store in the freezer for up to two months.

Handling

- Like all fruit, wash the avocado before cutting.
- Cut the avocado lengthwise around the seed.
- Twist the halves in opposite directions to separate.
- Slip a spoon between the seed and fruit and work the seed out.
- Slip a spoon between the skin and fruit and scoop away from the peel.

